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GATEWAY TO EXCELLENCE

May 1999

ST. LOUIS ARMY ENGINEER DIST **ESPRI**

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Dutt the "Navigator"

Owen Dutt, Chief of Navigation and Environmental Projects Branch, has been appointed "River Navigator" for the Upper Mississippi River, American Heritage Rivers Initiative. As a "River Navigator" Owen will be responsible for assisting more than 50 communities along the Upper Mississippi River to identify and use federal programs and services to further the objectives of the American Heritage Rivers Initiative.

The American Heritage Rivers Initiative was established at the request of President



Clinton by executive order and has three objectives: economic revitalization, historic and cultural preservation, and natural resource and environmental protection.

Owen is one of only two Corps of Engineers "River Navigators" and will operate out of St. Louis and draw support from St. Paul and Rock Island Districts as well as the St. Louis District, all part of the Mississippi River Division under the command of Major General Phillip Anderson. General Anderson has expressed the utmost confidence in Owen. "He is an extremely talented and experienced Corps senior planner," Anderson said, "who will undoubtedly be a superb AHRI Navigator for the Upper Mississippi River."

Colonel Thomas Hodgini, St. Louis District Commander, is also pleased that Owen got the appointment. He feels the American Heritage Rivers Initiative will enable the District to assist participating communities in their efforts to preserve, protect and restore the river and their communities. He's also confident in Owen's abilities.

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Memorial Day, May 31, 1999

Heroes honored equally at Arlington

On the hallowed ground of Arlington National Cemetery, the words of the U.S. Constitution, "All men are created equal," are demonstrated in a heartfelt way.

The men and women who rest here are all heroes in the nation's eyes. Presidents, generals and soldiers, admirals and seamen: Their markers are in white stone, all alike.

Here lie those who fell at Gettysburg and Omaha Beach, at Pork Chop Hill and Da Nang, in all of America's wars from the Revolution to the Persian Gulf. All sharing one distinction: When called upon to fight for their country, they said yes.

See the names on the gravestones. Here Virgil Grissom and Roger Chaffe from *Apollo I*; Francis Scobee and Michael Smith from the space shuttle *Challenger*. There General George C. Marshall, the only professional soldier ever awarded the Nobel Peace

Prize.

Then see the grave of Gen. John J. Pershing, who commanded U.S. troops in France during World War I, buried among his doughboys under a regulation white headstone, indistinguishable from all others. Beside him is his grandson, 2nd Lt. Richard Pershing, killed in Vietnam.

The Drummer Boy of Chickamauga is here. When John Clem tried to enlist near his Ohio home, he was declined, being only nine years old. But Clem tagged

along with the regiment and was soon named drummer boy for the 22nd Michigan.

At Shiloh, his drum was smashed by a shell, so he picked up a musket and fought like a man. At Chickamauga, a Confederate colonel demanded his surrender. The drummer boy was 12.

(Continued on next page)



St. Louis District Employee of the Month

Tim Caldwell, PM-F, is the Employee of the Month for May.

As the PM over the MCX-CMAC, Tim completed many very sensitive tasks to ensure the mission of the MCX remained whole and on course. In addition, as interim Valley Park PM, he contributed greatly toward the successful completion of the project. His efforts have also resulted in great strides toward full turnover of the project.

In addition to all that, Tim has begun development of a District SFO/WFO Project Management Business Process.

Congratulations to Tim Caldwell, Employee of the Month for May.



**US Army Corps
of Engineers**

St. Louis District

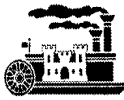
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News Briefs

Mark Twain Lake:

New fish species

For those who read the Missouri Conservationist you may have read in the March issue about an exotic new species, the bighead carp. Anglers in the Salt River, just below the Re-Regulation Dam at Mark Twain Lake, are catching the bighead carp. Some of the local fishermen sometimes call it "the fish with the underneath eye" because many have not seen it before. According to the article, this new fish is native to Eastern China, but has made a home in the Missouri and Mississippi River systems. These carp-like fish have a big head and eyes located lower than the other carp species. Bighead Carp often grow to 40 to 50 pounds, fight hard at the end of a fishing line, and if prepared well, are good to eat. Like the paddlefish, bighead carp are filter feeders. Their preferred diet is zooplankton (tiny water animals) followed by phytoplankton and detritus.



Photo display

Prize winning photos by America's premiere wildlife and nature photographers will be on display at the M.W. Boudreaux Memorial Visitor Center. The exhibit is sponsored by the Outdoor Writer's Association of America and will be on display from June 1 - June 27. The photos are of flora, fauna, and scenery from across the United States.

Carlyle Lake:

Partnering

Carlyle Lake staff have been attending meetings with our partners in the Kaskaskia River Watershed during April. The watershed has nine established groups that meet quarterly either separately or together. These groups' main focus is on water quality, siltation and erosion.

Resource tours

The lake staff participated in the annual Clinton County Natural Resource Tours, where students learn about various environmental topics, and spoke to more than 300 local 5th grade students. The Interpretive Department also presented 13 programs to about 660 students.

(Continued on page 5)

Earth Notes

Endangered species update

In February, scientists took the first steps to returning the almost extinct lynx to its former home in Colorado.

Four animals imported from Canada were set free in a woods 9,500 feet up in one of the wildest areas of the continental U.S. Dozens more will follow this year, with 50 next year, and 50 the year after.

Reintroductions are always tricky, but there have been some famous successes, like the gray wolf in Yellowstone and the elk in Colo-

rado. The gray wolf benefited the entire ecosystem of Yellowstone Park.

Other successes: The California condor: once down to 14 birds, a few dozen now fly in the Southwest. The Peregrine falcon: From the edge of extinction, thousands now roost everywhere from mountain tops to skyscrapers. The elk: Colorado had fewer than 1,000. Now it's the home of the biggest herd in North America, according to the U.S. Fish and Wildlife Service.

Arlington (continued)

Arlington was originally the estate of General Robert E. Lee. After the Civil War, it became a burial ground for soldiers whose bodies were not claimed. Arlington began to be viewed as a national institution after the Spanish-American war.

With the entombment of the Unknown Soldier, immortalizing all who died for freedom, Arlington was enshrined in the heart of the nation.



District christens the Carl E. Barron

By Paul Schmidt, Service Base

April 19th will forever be a magical day in the life of both the Carl Barron family and the St. Louis Dis-



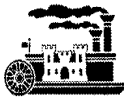
trict Corps family. Mrs. Mary Barron, her family, numerous friends, District employees and retirees participated in the dedication and christening of the Dredge POTTER's new 36-foot long crew transfer boat, named for the late 44-year veteran of the St. Louis District's navigation mission, Carl Barron.

The festive occasion at the District Service Base was sponsored by the Base staff, and was enhanced by a huge display of Corps flags and red-white-and-blue draped to surround the site as military music played. The crowd listened in-

tently as Commanding Officer Colonel Thomas Hodgini read a touching dedication, Monsignor Bernard Sandheinrich blessed the boat, and Mrs. Barron and her son William broke the traditional bottle of champagne across it's bow.

While overwhelming blasts of boat whistles and strains of the Stars and Stripes Forever punctuated the air, the massive Derrickcrane SEWELL raised the newly-christened boat majestically above the crowd to it's rightful place on the waves of the Mississippi River next to the Dredge POTTER. It was a day few in attendance will ever forget, as the legacy of excellence Carl Barron left our District continues in the boat that now bears his name.





Navigator (cont.)

"Owen Dutt is supremely qualified to lead this effort as the division's River Navigator, he said. "I am completely confident in his abilities and excited about many potential ways to enhance our river environment through this program. St. Louis District is a recognized leader in this field. Owen's efforts will strengthen our reputation, and most importantly, will lead to improvements for those of us in this region to enjoy."

Owen will be working closely with Hannibal Mayor, Bob Maloney, who is Chairman of the Upper Mississippi River Initiative, to plan for assisting those communities which are included in the Upper Mississippi River Initiative.

Owen Dutt is a graduate of Fort Hays State University in Hays, Kansas, where he earned a bachelor's degree in zoology and a master's degree in botany. He is a Certified Wildlife Biologist and a graduate of the Bureau of Land Management's "Land and Minerals Training Program" in Phoenix, Arizona.

His federal service includes work with the U.S. Forest Service in Montana and with the Bureau of Land Management in Colorado, Arizona and Nevada.

Owen has more than 26 years of experience working with the St. Louis District on water resource initiatives along the Mississippi River. He has served in many positions during this time including Chief of the Planning Division, Chief of Navigation and Environmental Project Management Branch, Chief of the Environmental Analysis Branch, Natural Resource Planner and Wildlife Biologist.

Earthquake! Are you prepared?

If you live in an area where the earth shakes frequently, you may be ready for "the big one," and know what to do. Most people are not.

According to State Farm Insurance Company, earthquakes have hit 39 states, and earthquake damage has occurred in all 50 states. No matter where you live, you are not immune.

Though you won't get a timely warning as you might receive before a storm, there are steps you can take to minimize injury and damage.

First, eliminate hazards.

- * Bolt down water heaters and strap them to the wall.

- * Bolt your house to its foundation. Some walls may require additional bracing, so check with a contractor.

- * Make sure the chimney and roof are in good condition. If possible, nail plywood to joists above the ceiling near a brick chimney to stop bricks from crashing through if they shake loose.

- * Attach mirrors and picture

frames to the wall or ceiling. Keep beds away from glass and any hanging object that might fall.

- * Brace tall furniture, bookcases and refrigerators and attach to walls.

- * Use sturdy latches on cabinets to prevent doors from swinging open.

- * Use flexible connectors for gas supply to gas-fueled appliances.

- * Know how to shut off utilities, should that be necessary.

- * Have an emergency food supply with canned or nonperishable food and a portable cooking device. Store water in plastic containers.

- * Have extra clothing and blankets on hand, a flashlight, portable radio with extra batteries, heavy work gloves, a fire extinguisher and hand tools.

If you are indoors when an earthquake strikes, stay there but get under a heavy desk or table that is away from windows.

If you are in a car, pull over and stop, but not under a bridge or overpass.

News Briefs (cont.)

Rivers Project:

Kaskaskia visitors

Fourteen students and six adults from the Prairie du Rocher Grade School visited the Kaskaskia Lock and Dam last month. Lock staff demonstrated the function of a lock chamber during a lockage. The students learned about the function of the dam, use of safety blocks above the dam, local wildlife, how dangerous lines can be, and safety around locks and dams and the water.

Quote of the month

The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome.

Helen Keller

This month's test sentence

In the majority of cases, it's beneficial to us when we put the suggestions made by customers to use right away.

Revision on page 15)



Sustaining Base Leadership and Management Program

By Marc Kodack, ED-Z

Ever eat at a seafood buffet where crab legs and shrimp are a main course every time? Ever walk the Gettysburg battlefield along the same routes as Lee

The AMSC offers both a resident and nonresident SBLM program. Four members of the St. Louis District team, Patti Carr (PPPM), Kathy Hatfield (HR), Lloyd Coakley (ED-HP),

the Army panel and are drawn from all career program fields and all major commands. Grade levels GS-12 to GS-14 and Majors and Lieutenant Colonels (Active, Reserve, or National Guard) are eligible to attend, whereas GS 11s and GS-15s may apply for an exception. Sergeants Major, Command Sergeants Major, and Warrant Officers can also apply. For Army civilians, funding to attend AMSC is provided through the Army Civilian Training, Education, and Development System. For Army Corps of Engineers civilians that are in civil works positions, each district funds an employee's salary and per diem while that employee is in residence. Headquarters, U.S. Army Corps of Engineers, funds the travel costs to and from AMSC for Corps attendees.

Since 1987 when AMSC was founded, approximately 4,300 individuals have successfully completed the SBLM program and graduated. The classes consist of mostly civilians (93%) and both officers and noncommissioned officers (7%). The most common grade is a GS-13, with an average age of 43. The majority of people have bachelors

(Continued on page 13)



SBLM students reviewing Union and Confederate troop movements at Gettysburg Battlefield.

and Pickett? Ever make friendships that last a lifetime? These and many other experiences are available at the Army Management Staff College's Sustaining Base Leadership Management program.

The Army Management Staff College's (AMSC) Sustaining Base Leadership and Management (SBLM) program at Fort Belvoir, Virginia, offers both Army civilians and military members an opportunity to prepare themselves for leadership and management responsibilities throughout the sustaining base. The sustaining base consists of all the support systems for soldiers in the Army.

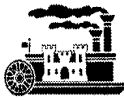
Although professional development of military noncommissioned officers and officers has a long history in the Army, professional development of Army civilians has been slow to develop. The Chief of Staff of the Army, General Reimer, has recently emphasized the importance of the professional development of Army civilians, including nominating them to the SBLM program offered at the AMSC.

and Marc Kodack (ED-Z) attended the resident SBLM program either in late 1998 or early 1999.

The AMSC offers three 12-week long resident SBLM classes each year at Fort Belvoir, which is located on the Potomac River approximately 15 miles south of Washington, D.C. Class size averages 165 students, with between 16 to 17 students in each seminar. Individuals that apply to the SBLM program are centrally selected by a Department of



Near Devil's Den, looking toward Little Roundtop - Gettysburg Battlefield.



Hey kids! What time is it? It's registration time!

By Terrie Hatfield, HR

On April 15, 1999, the St. Louis District team hosted its second adventure into the world of science and engineering for students, teachers, and guests throughout the St. Louis area. Attendees included 147 students representing 32 schools, including six class field trips. Accompanying teachers, chaperones and other guests brought the total number of visitors to approximately 200.

Our goal was to use the vast and diverse wealth of scientific talent employed by this District to allow students to experience first hand how engineering and science directly affect their lives, their environment and the community, and to relate their classroom studies to the real world. Participation in various hands-on experiments and interaction



Col. Hodgini offers a welcome.



Rich Astrack explains what engineering is all about.

Real Life Adventures in Science '99

with professionals in various scientific and engineering disciplines facilitated a far greater understanding and appreciation of science than could be gained through classroom study alone. Many students were required by teachers and parents to present reports to their classes about the Corps mission and what they had learned.

Park Rangers came in from the field armed with a walking/talking boat, a working model lock complete with barges, water safety courses, and frogs and snakes and turtles. Many students were amazed to learn that Corps Rangers are responsible for the welfare of wildlife as a part of their natural resource management mission.

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Left and below - Brenda Tope, Jeff Stamper, Ray Burrows and Deanne Strauser teach bridge building 101.

Corps City 2000 not only taught the students how maps are made using aerial photographs and computers, but also may have identified some future Cartographers. Students learned the importance of teamwork and used planning and project management methods to build a house. With the assistance of engineers, the students built



Gregg Kocher talks about things that go boom. Old ordnance is NOT something to play with.

effects on the flow of a miniature river. Through several archaeological presentations, they discovered how and what our scientists study to learn the history of the Mississippi Valley, Native American culture and trade (Pacific Ocean shark teeth and sea shells dug up in Oklahoma?), and to

bridges that supported their weight as they crawled across, then graduated to computerized bridge models designed to fail under the weight of a truck. They used their computer skills to repair the bridges.

Students experimented with Micro Model river structures and dredging, and observed the immediate



Lou Dell'Orco explains what FUSRAP is all about.



Park Ranger Erin Connett helps Corky the Boat. Imagine... a boat that talks. And talks back.

We felt we had made a difference when one fifth-grade student reported, "I learned that the Corps has a lot of interesting jobs that help us learn." Thanks to all who

locate and identify MIA remains in Southeast Asia.

At the Service Base, tours of the Dredge Potter, MV Boyer, Environmental and Geotechnical Soils labs, and the core drill equipment display were also popular sites (after the rain stopped). Other presentations and displays included bombs, river management and water control, Atom Bomb and other hazardous waste disposal, and protection of riverine life by using a bubble curtain (presented by the inventor himself).



Park Ranger Kathy Dickson teaches the kids to be safe around the water, with the help of Ranger Willie B. Safe.

participated. You can all take pride in knowing that you helped to inspire young minds to think about real life applications of science.

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You can put maps into a computer. You can even MAKE maps with a computer. Dave Kreighbaum and Keith Short tell the kids all about it in the CADD room.



Terry Norris talks archaeology talk while granddad and grandmom look on. It's not a rock, it's a ... What is it anyway?



We don't have lions and tigers and bears, but we do have snakes. Park Ranger Rob Gramke knows all about those.



Don't tell 'em. Show 'em. This is how a lock and dam works. A picture is worth a thousand words. A model is even better.



Harry Ward and Steve O'Connor demonstrate soil compaction measuring techniques used in the field at the Soils and Materials Lab at the Service Base.



Linda Campbell demonstrates water sampling and testing in the Environmental Quality Lab at the Service Base.



The kids learn about how a river reacts to man made changes through the use of a micro model at the Applied River Engineering Center at the Service Base.



District now has Rapid Response Vehicle

Add an "R" to "RV" and you get just the opposite, an RRV. That stands for Rapid Response Vehicle, and there's nothing recreational about it.

The RRV is a vehicle packed with everything needed to put a Corps of Engineers team into action at an emergency site within 18 hours or less. The St. Louis District now has its own RRV.

contained with a bathroom, microwave oven, coffeepot, refrigerator, water tank and an onboard 15-kilowatt generator. They are designed to last 15 to 20 years and are solidly built with a heavy-gauge aluminum body, industrial-grade floors and cabinets built of solid oak and three-quarter inch thick plywood. The RRVs can cruise at 70 miles per hour on the road.

Fort Worth, Nashville and St. Louis Districts. Besides the RRVs, DTOS includes six Emergency Tactical Operations Centers (ETOCs), trailers 37 feet long equipped as mobile offices. Each "set" will have a pair of ETOCs to provide work space for up to 30 people and two Freightliner trucks to pull them. They each will be supported by an Emergency Communications Vehicle (similar to the RRV except with more communications capability) and an Emergency Support Vehicle to carry tools, office supplies and whatever else the Corps team will need. One ETOC set will be stationed in Sacramento District and two sets in Mobile District.

Each district with an RRV will train a pool of people to deal with disasters that are likely to strike that region. When an emergency occurs, the district leadership will select a Logistics Emergency Response Team to deploy with the RRV.



The RRV is part of the Deployable Tactical Operations System (DTOS) which will give Corps teams an edge in dealing with the chaos of a disaster. It's an International Harvester chassis and engine with a custom-built 36 foot long body which can accommodate a staff of seven people or more. Its equipment includes laptop computers, office software, global positioning system equipment, digital cameras, phone and intercom system, satellite communications, cellular phone, radios (HF, VHF and CB), drafting and mapping software and wireless capability to network laptops within 200 feet of the RRV.

The RRV is completely self-

There are six RRVs, one each in Baltimore, Los Angeles, Portland,





Building a virtual team: FUSRAP's experience

by Lou Dell'Orco & Jacqueline Mattingly, FUSRAP team

In October 1997, Congress transferred the Formerly Utilized Sites Remedial Action Program (FUSRAP) from the Department of Energy to the USACE. The transfer of this \$500 million plus mission was unprecedented. The St. Louis District received responsibility for remediating five sites potentially containing one-half of the entire volume for the program, four in Missouri and one in Illinois.

The USACE Operations Order (OPORD) designated the Kansas City District (NWK) as the Remedial Design (RD) District for these sites. The OPORD also defined the FY98 milestones and performance expectations. Congress directed the team to "stop studying and start remediating" while USACE required the districts to refrain from "empire building". (No staff build up).

With the program roles and expectations prescribed for the district, command chains recognized that a new Project Management Business Process (PMBP) was needed. While untested to date, the virtual team philosophy as described in the Strategic Vision appeared to meet the USACE's requirements.

So, what's a virtual team and how does it work? A virtual team takes advantage of modern communication technology to tie the team together. Work is moved to the people rather than moving the people to the work. From their various locations, teammates work on the same products for the same project. The virtual team is a corporate approach to project execution that emphasizes unity of effort, a key component of Build the Team.

How does this approach work? Under the "One Door to the Corps" philosophy MVS, NWK and LRL joined in a virtual team environment - moving the work to the appropriate talent regardless of location. MVS contributes program and technical skills, NWK brings its design, contracting and counsel expertise and LRL provides construction experience.

How is the virtual team approach working? To outsiders, organizational lines are non-existent. Teammates produce and review documents from their various district offices using the best expertise. MVS's counsel draws upon NWK's Office of Counsel and on the HTRW Center of Expertise for assistance. Legal opinions come from a variety of sources to meet project needs. Contract support is provided through a number of regional and national contracting vehicles.

This teaming approach does come with challenges though. First and foremost the team had to shed the Civil Works vs. Military Programs cultures and parochialism to work to-

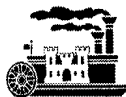
gether toward common goals and objectives. The Corps accomplished this by unifying the team through creating Project Management Plans (living documents which define success, state quality expectations and outline critical assumptions).

Second, the team had to overcome the chaos of a new program. FUSRAP is fraught with challenges - many of which have program-wide impacts and require nationwide consistency in their resolution. Literally every action has programmatic ramifications and necessitates consolidated guidance.

Finally, communication is and will always be a challenge. One of the teaming arrangement's implied tasks is that the entire team has to trust and respect each other. Keeping people informed is critical for day-to-day operations. How are we doing? So far, so good. This is not a short term commitment - we're in it for the long haul as a new way of doing business and as a means of assembling the very best talent to meet the needs of the FUSRAP mission



Michael Feldman, Lou Dell'Orco and Sharon Cotner are recognized by Col. Hodgini for receiving the 1998 Project Delivery Team of the Year Award.



Coming Lake Events

Carlyle Lake

June 5 - Sept. 4	Arts & Ecology Series
June 5-6	Egyptian Club Sailing Regatta
June 19-20	National Regattas of Flying Scotts
July 3	Fireworks Spectacular
July 17	Kaskaskia Duck Race
Aug. 11-12	Lightning Regatta of North America
Sept. 11-12	Whale of a Sail Regatta
Sept. 18	Carlyle Lake Cleanup
Oct. 22-23	Haunted Trail
Nov. 7	Youth Pheasant Hunt
Dec. 3	Christmas USA Visitor Center Lighting

Lake Shelbyville

June 5	Kids Fishing Tournament
June 6	National Trails Day
June 24	Boater Safety Course
June 26	Aquafest Water Safety Carnival
July 2	Dog-O-Rama Dog Show
July 4	Fireworks Extravaganza
July 13-15	Environmental Educator Work shop
Oct. 7	Eco Meet

Rend Lake

May 22	Boating Safety Course
May 29 - Sept. 4	Environmental Science Series and Sunset Series of Programs
July 3-4	Taste of Freedom Festival and Fireworks

July 24-25	Hunter Safety Course
Aug. 7	Summer Beach Blast
Sept. 11	Rend Lake Cleanup

Wappapello Lake

May 21-23	Intertribal Living Indian Village
May 22-23	10th Annual Silver Bullet National Drag Boat Race
June 5	Poplar Bluff Rod & Kustom Car Show
June 13	9th Annual Disabled Persons Fishing Day
July 3-4	Waterfest '99
Sept. 18-19	8th Annual Old Greenville Days
Nov. 26-Dec. 25	7th Annual Festival of Light Christmas Auto Tour

Mark Twain Lake

June 1-27	Outdoor Writers Assoc. of America Photo Exhibit
June 5	National Trails Day
June 12	Kids Fishing Day
July 2-4	Mark Twain Lake Rodeo
July 10-11	Primitive Artifacts Weekend
July 11	Mark Twain Lake Waterfest
Aug. 14-15	19th Annual Salt River Folklife Festival
Sept. 4-5	North American Bullriding Assoc. World Championship Finals
Sept. 24	Environmental Education Fair
Oct. 2-3	Missouri Mule Days
Oct. 9	An Adventure in Astronomy

SBLM program (continued)

(40%), masters (42%), or doctorate (3%) degrees. However, individuals with an associates or no degree compose 15% of past graduates. Having a college degree is not a requirement to attend the SBLM program. Males compose 65% of past graduates; females make up 35%. Minorities compose 21% of past graduates.

Prior to the 12-week resident program, students are given an additional two weeks of preparatory work to complete. Once at AMSC, the SBLM program consists of seminar discussions, oral presentations both as an individual and as part of a team, preparation of written assignments and professional papers, practical exercises, a staff ride to Gettysburg consisting of a field trip that is integrated with lectures on the historical

context of battlefield events during a walking tour of places such as the Peach Orchard, the Wheat field, Little Round Top, Cemetery Ridge, and Pickett's charge, lectures from guest speakers and AMSC faculty, nightly background reading, and research. Topics are covered in terms that include (1) Leadership, Management, Critical Thinking and Decision Making; (2) National Security; (3) Operational Army; (4) Designing, Developing and Resourcing the Force; (5) Projecting and Sustaining the Force; and (6) a Capstone exercise that brings together information from all the terms into a practical exercise. Important components of all the terms is constructive feedback to the student from fellow seminar students and faculty, and the involvement of each individual as a member of a team. Teams

(Continued on back page)



To your health

May is National Arthritis Month

Maintaining healthy weight reduces risk of arthritis

Tens of millions of North Americans have one form of arthritis or more. The most common types are:

Osteoarthritis: Results from wear on fingers and weight bearing joints in the knees, hips and back.

Fibromyalgia: Causes fatigue and pain at tender points on the body.

Rheumatoid arthritis: Causes painful joint stiffness and swelling.

Gout: Occurs when uric acid accumulates in the joints of the big toe, knees, and wrists.

Lupus: Can damage the skin, kidneys, heart and lungs along with the joints.

Healthy people, says the Arthritis Foundation, can reduce their risk of getting arthritis by maintaining a healthy weight or losing weight.

Those who are affected benefit by protecting injured joints and by strengthening muscles around them. Strength training and low-impact aerobic activities like bike riding can help to prevent wear and tear on joints later on.

If you notice pain, stiffness, swelling, or difficulty moving a joint, get prompt medical treatment. You can slow or prevent damage that might progress if not treated.

There is very good news for rheumatoid arthritis (RA) patients. Recently, new drugs have emerged that slow the progression of RA. Also coming soon is a type of super aspirin called COX-2 inhibitors that counter pain and inflammation without the side effects of non-steroidal anti-inflammatory drugs. Another new drug inhibits inflammation.

Cervical cancer treatment

It is the first breakthrough in treatment of cervical cancer since the 1950s. A series of studies shows that adding chemotherapy to radiation can cut the risk of death by half.

Study subjects had cervical cancer that had spread but was still confined to the pelvis.

Five recently published studies were so convincing that the National

Cancer Institute took an unusual step. It mailed letters to thousands of doctors urging them to adopt the new approach immediately.

Radiation causes breaks in the cancer cell's DNA. Chemotherapy blocks the cell's repair enzymes from fixing the damage.

May: High Blood Pressure Month

Exercise, diet control some high blood pressure

Although doctors can't point to any one thing that causes high blood pressure, they do know there are several risk factors associated with it. Some you can control.

Aging, however, is beyond our control. About 60 percent of Americans have high blood pressure (hypertension). And genetics plays a role. If others in your family have high blood pressure, you are at risk.

Other than that, researchers at San Diego State University say hypertension is a disorder of lifestyle. Here are their recommendations for avoiding it or reducing it:

* **Lose extra weight.** Body weight is the one factor most closely associated with hypertension. Losing weight may bring blood pressure back to normal.

* **Get moving.** Walk, lift weights, pull weeds, but do something physical. Physical activity does more than control weight. A certain amount of activity is needed to keep the body's blood pressure regulating mechanisms working as they should.

Research by the Veterans Administration Medical Center in Jackson, Mississippi, found that 30 minutes of exercise four times a week was enough to bring blood pressure down even if subjects lost no weight.

* **Drink milk.** Several studies show that adding calcium to your diet can lower your blood pressure.

(Continued on next page)



Retiree Review

By the Retiree Correspondent

Income tax day found many of the faithful and some of the "frequent attendees" at the retirees luncheon. No one seemed too stressed out from the ordeal. They tend to take it in stride.

Charlie Denzel reminded everyone that he was going to the NARFE convention in Springfield, Missouri, leaving that afternoon. He mentioned that House Bill #59 was going to be discussed and that he would bring back information from the convention. This is a bill that would exempt all annuities of Federal and State employees from State income taxes. He also read a letter from Lou Chiodini relating to the bill and handed out a list of Missouri House Representatives for anyone who wishes to write to their representative expressing their views on the bill. Charlie mentioned that he sees John Jansen on occasion at the hospital doing volunteer work, and he is in great spirits. Charlie also mentioned that he recently saw L. G. Kugler at the hospital for some minor work. L.G. seemed to have a little difficulty getting around, but was also in good spirits.

Elsie Kalafatich also had some information on Bill #59. She had just returned from a trip with AARP to the State Capital and met with their representative, who informed them that the bill was being amended to include military retirees also. She also mentioned that she received word that the District was christening a new vessel, the "Carl Barron," on Monday April 19 at 10 a.m. at the Service Base. It would be great if some of the retirees could attend.

Gordon Davis and his bride made the long journey from across the great river and enlightened the group on the joys of bee tending. He said that he intends to keep

it a joy and not a job. He even gave the retirees a lesson on the age old term of "bee line." Many of the group were amazed that an engineer could have assimilated knowledge other than engineering. He was just a fountain of knowledge.

The District Change of Command was mentioned and the retirees were advised to look in ESPRIT for details.

Mike Hauser reminded everyone that at next month's luncheon, May 20, he will bring his picture travelogue of his trip to Russia. Some of the retirees mentioned that they had seen it previously and it a great presentation.

Lou Scheuermann mentioned that the Division Golf Tournament was scheduled for June 17-18 at Rend Lake. Anyone interested should be making arrangements. He also mentioned that the Huizengas are in good health and are deeply involved in the upcoming marriage of their son. That is keeping them very busy, in addition to tending to the "farm" they live on.

Sandor Dombi invited any retiree who is interested to join the Senior Computer Club. It meets every 3rd Tuesday at the Weber Library at 1 p.m. It started a few years ago with about a hand full of people and now numbers about 300. Sounds like a good place to learn about automation and stay ahead of the grandchildren.

Laurel Nelson was recognized as the "senior retiree" retiring in the 80s. Birthday congratulations were extended to John Kalafatich and Gordon Davis. Gordon did admit that John was older, since he was born earlier in the month.

Mark your calendars for May 20, at 11 a.m. at the Salad Bowl. Hope to see a few more there.

Bloodpressure (continued)

* Eat fruits and vegetables. They contain potassium and magnesium which are good for blood pressure control.

* Limit salt. It plays a role in a third of high blood pressure cases.

* Check your vices. Smoking and drinking too much alcohol or caffeine will raise blood pressure.

Sentence revision

Usually, we benefit when we use customers' suggestions right away. *Traps avoided:* Prepositional phrase, *In the majority of cases*; buried verb, *beneficial*; verb-nouns, *suggestions made and put to use*.



The world has turned many times since 1907. That was the year Anna Jarvis asked her Philadelphia church to hold services in memory of all mothers on the anniversary of her mother's death.

It was a time before the marvels of electricity and indoor plumbing. Mothers had a life of hard physical work.

Today, more than 90 years later, the role of mothers is somewhat different. Because they have fewer children and more help from home appliances, many have chosen to take jobs outside their homes. Even so, the modern world has them working as many or more hours than their grandmothers.

To our own mothers, we say "Thank You" and truly mean it. Without them, our lives would be difficult indeed. Their skills and their dedication are appreciated.

On Mother's Day, we pray for peace in the world so all mothers may rear their children in peaceful times. We remember mothers who lost loved ones on the battlefield.

We ask strength for young, single mothers. We honor mothers who are no longer with us, and ask Gods' blessing for mothers who are terminally ill.

We pray for future mothers that they may have high character and fortitude in this changing world.

SBLM program (continued)

are critical to completing the practical exercises. Thus, both individual and team participation skills are developed and enhanced throughout the 12 weeks of SBLM.

Student life outside of the seminar consists of weekday dinners at the Fort Belvoir Officer's Club, including a seafood buffet every Friday night, voluntary participation in a fitness program, students versus faculty sporting events such as softball, volleyball, or bowling, a voluntary attendance at midterm and end-of-term class-wide social events, and local or regional tourist sites to visit including Old Town Alexandria and Washington, D.C. After successful completion of the SBLM program, graduates may receive college credit equivalency through the American Council of Education.

Graduates of the SBLM program acquire tools that increase their ability to handle increased responsibility, to move

to senior leadership positions. Graduates have increased confidence in their own performance and their value to their home organization is enhanced.

All four of the St. Louis District SBLM program attendees learned a great deal about the Army and how complex an organization it is, but they also enjoyed meeting other people in the Army that were not in their own career fields and took advantage of the opportunity to establish new friendships. Attending the SBLM was a very worthwhile experience.

If you would like more information about the SBLM program experience, feel free to contact any or all of the district's recent attendee's: Patti Carr (ext. 8032), Kathy Hatfield (ext. 8538), Lloyd Coakley (ext. 8356) or Marc Kodack (ext. 8468). The AMSC also has a web site at <http://www.amsc.belvoir.army.mil/> with information about upcoming SBLM classes and how to apply.

